

Statewide Substance Use Disorder Prevention

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Presentation to the Colorado Opioid and Other Substance Use Disorders Interim Study Committee.
July 9, 2019.

Presentations

Presentation #1: *Progress and Gaps in Prevention Practice, Policy, and Science*

- Jeff Jenson, University of Denver

Presentation #2: *Colorado's Statewide Strategic Plan for Primary Prevention of Substance Abuse*

- Ali Maffey, Colorado Department of Public Health and Environment
- Jenny Corvalan-Wood, Colorado Office of Behavioral Health

Presentation #3: *Colorado's University Prevention Science Collaborative: Building Prevention Infrastructure through State-Practitioner-Scientist Partnerships*

- Doug Coatsworth, Colorado State University

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Progress and Gaps in Prevention Practice, Policy, and Science

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**The Coalition for the
Promotion of Behavioral Health**

Ensuring the Healthy Development of all Youth | A Grand Challenge for Social Work

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Progress and Gaps in Prevention Practice, Policy, and Science

1. What do we know about the effectiveness and cost benefit of substance use prevention programs and policies?
2. What are the gaps in promoting effective prevention practices and policies in Colorado?



Early Prevention Strategies:

- Information
- Fear arousal – “Scared Straight”
- Just say “No”

Outcomes:

- No decreases in drug use or delinquency
- Some information programs *increased* drug use
- Scared Straight *increased* delinquency



Lesson: Untested good ideas can make things worse!



1. To prevent a problem before it happens you have to address its predictors
2. Research has identified these predictors, viewed commonly as **risk and protective factors**
 - Factors that elevate the likelihood of problem behavior, or that buffer or reduce exposure to high levels of risk
 - Embedded in individual, peer, school, family, and community contexts
3. To prevent substance use we must develop interventions that reduce risk and increase protective factors

Behavioral health problems (e.g., substance use, delinquent behavior, suicide, school drop-out) have SHARED or common risk and protective factors!

The Prevention Paradox

A large number of people exposed to small levels of risk are likely to generate many more (e.g., substance use) problems than a small number of people who are exposed to high levels of risk

(Rose, 1992)



- Aiming prevention only at those at high relative risk might reduce their individual risk, but it would do little to reduce the total prevalence in the population
- **Universal prevention for all young people is the most effective way to reduce substance use and other problems!**



There are more than 80 effective policies and programs for preventing substance use and other behavioral health problems:

Effective programs: 15 model/model plus and 66 promising school, family, and community programs are listed in the University of Colorado's *Blueprints for Healthy Youth Development Registry* www.blueprintsprograms.com

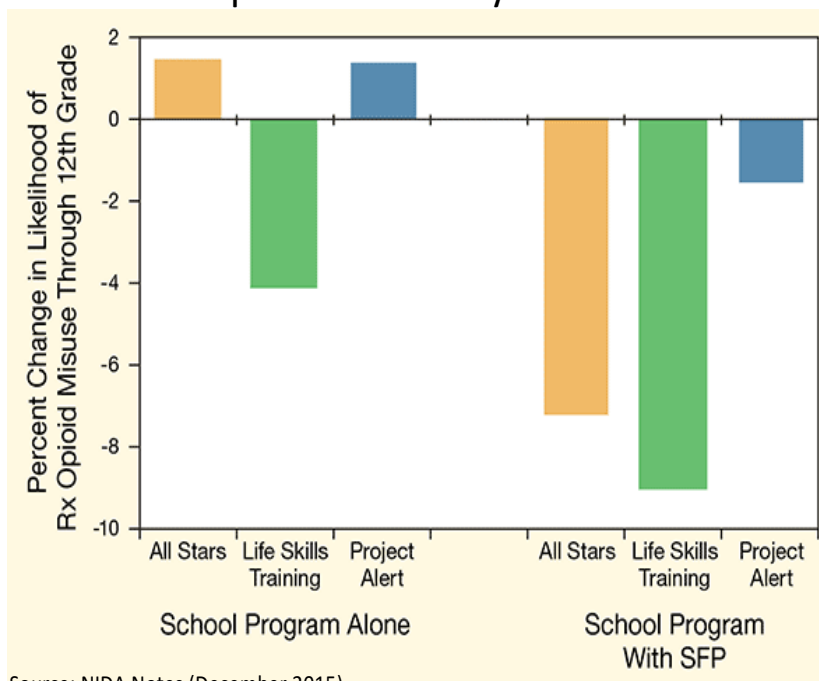
Effective prevention systems: systems like [*Communities that Care*](#) (CTC) help communities identify and select effective programs that meet local needs

Effective policies: policies that limit access to and availability of alcohol and price and tax policies have been effective in preventing substance use [*Facing Addition in America: The Surgeon General's Spotlight on Opioids*](#).

Effective prevention programs have long-term results and positive effects on many behavioral health problems!

These programs have reduced opioid misuse in young people!

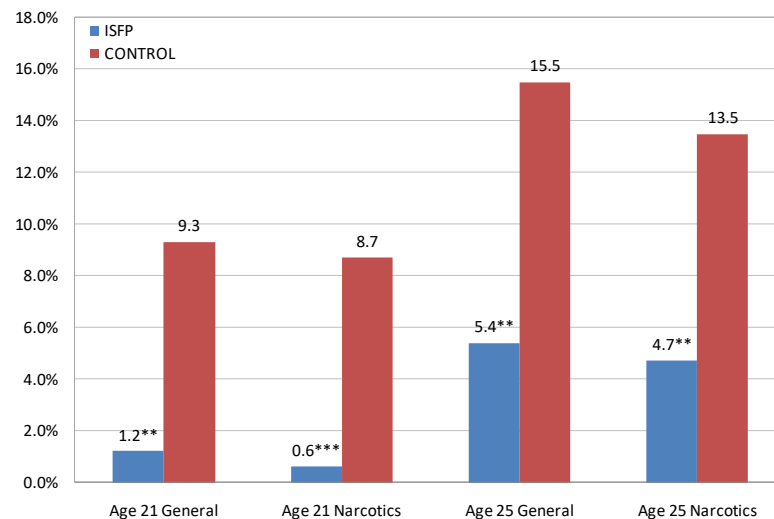
Life Skills Training reduced the risk
of Opioid Misuse by Grade 12



Source: NIDA Notes (December 2015)

Iowa Strengthening Families 10-14
Young Adult Outcomes

Lifetime Prescription Drug Misuse (PDM)



p<.01; *p<.001; RRRs = 65-93%

Sources: Spoth, Trudeau, Shin, et al. (2013). Spoth, Trudeau, Shin & Redmond (2008)

Notes: General=Misuse of narcotics or CNS depressants or stimulants.



- The [Washington State Institute for Public Policy](#) developed a standardized model using scientifically rigorous standards to estimate the costs and benefits associated with various prevention programs
- Benefit-per-dollar cost ratios for evidence-based prevention programs are as high as \$64 for every dollar invested

**Effective prevention improves
lives and saves money!**



- What are the gaps in promoting effective prevention practices and policies in Colorado?
 1. Infrastructure necessary to implement effective programs and policies
 2. A well-trained and committed prevention workforce
- Next:
 - Presentation #2: *Colorado's Statewide Strategic Plan for Primary Prevention of Substance Abuse*
Ali Maffey, CO Department of Public Health & Environment
Jenny Corvalan-Wood, CO Office of Behavioral Health



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Colorado's Prevention Efforts

Presentation to Colorado Opioid and Other Substance Use Disorders
Interim Study Committee

Ali Maffey-CDPHE and Jenny Wood OBH

July, 9, 2019



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Department of Human Services



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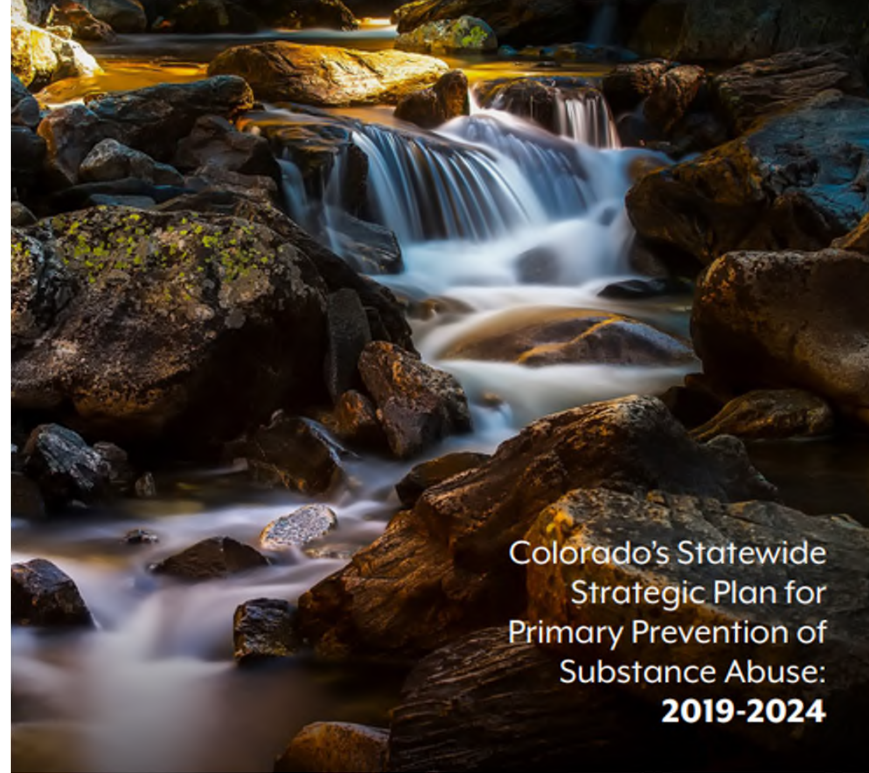
Statewide Needs Assessment of Primary
Prevention for Substance Abuse

FINAL REPORT FOR THE COLORADO OFFICE OF BEHAVIORAL HEALTH

FEBRUARY 2018

<https://www.coloradohealthinstitute.org/Research/Snaps>

Putting Prevention Science to Work



Colorado's Statewide
Strategic Plan for
Primary Prevention of
Substance Abuse:
2019-2024

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<https://www.coloradohealthinstitute.org/research/prevention-strategic-plan>



STRATEGIC OBJECTIVE ONE:

Colorado is a leader in strengthening and supporting effective, coordinated, statewide prevention.

Strategy 1a-Increase public awareness of the advances in and cost savings of prevention

Strategy 1b-Pursue policy change in local communities

Strategy 1c-Pursue policy change at the state level



STRATEGIC OBJECTIVE TWO:

Colorado's prevention system promotes tested and effective programs, policies and strategies that prevent substance abuse and other negative health behaviors.

Strategy 2a- Support and increase community-driven selection, implementation and fidelity of prevention interventions

Strategy 2b-Strengthen how Colorado tracks and increases the statewide adoption of tested and effective prevention programs and strategies



STRATEGIC OBJECTIVE THREE:

Colorado's prevention workforce is equipped to deliver high-quality prevention.

Strategy 3a-Strengthen Colorado's prevention workforce with broad prevention skill building and certification and program specific competency trainings

Strategy 3b-Increase the diversity of prevention providers practicing in Colorado by geographic representation, race/ethnicity and other attributes



STRATEGIC OBJECTIVE FOUR:

Statewide prevention funders align their resources and focus areas.

Strategy 4a -Align public funders of prevention services

Strategy 4b-Clarify for communities how to access the right funding at the right time

Strategy 4c- Reduce inequities and inequalities leading to substance abuse and the factors that predict it



Three Takeaways

1. Funded by OBH, Colorado now has its first Statewide Strategic Plan for Primary Prevention of Substance Abuse.
2. The plan builds on decades of collaboration between OBH, CDPHE and other statewide prevention funders.
3. The plan demonstrates a commitment by Colorado's prevention funders to align funding streams, strengthen the prevention workforce, and promote evidence-based prevention statewide.



Colorado's University Prevention Collaborative: Building Prevention Infrastructure through State- Practitioner-Scientist Partnerships

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Karl Hill & Beverly Kingston
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Applying Prevention Science to impact public health

1. What are some possible courses of action to address the gaps in promoting effective prevention practices and policies in Colorado?
2. Introduce the Colorado University Prevention Science Collaborative?



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Effective Prevention Infrastructures

Successful scale-up of effective prevention programs and policies requires:

1. Strong infrastructure of networked systems

- Built upon existing infrastructures (e.g., Schools, Public Health, Social Services, Cooperative Extension)

2. Proactive, sustained capacity building

- Researchers, Practitioners & Policymakers

3. Sustained and strategic funding to:

- Support State infrastructure (State-Practitioner-Scientist)
- Support Community-based partnerships
- Support Prevention Practice (Delivery)
- Support Practice-based research



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1. Who/what we are

- U of Denver – Public Service Systems
- CSU – Cooperative Extension; Family community focus
- CU-Boulder – Blueprints for Healthy Youth Development

2. Goals

- Assist Colorado's communities and state agencies with applying the best and most current prevention science to practice
- Assist in workforce training and capacity building
- Conduct high-quality research to inform Colorado Prevention Practitioners and Policy-makers



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University Prevention Collaborative

What have been the collaborative's activities to date:

1. Colorado's Statewide Strategic Plan for Primary Prevention of Substance Abuse

- **Strategic Objective One – Strategy One: increase public awareness**
 - **Developing newsletter, briefs for local communities and policymakers**
- **Strategic Objective Two – promoting tested and effective programs and policies**
 - **Consulting with funders on definitions and approaches to increase community selection and implementation of tested and effective programs**



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University Prevention Collaborative

What have been the collaborative's activities to date:

- 1. Colorado's Statewide Strategic Plan for Primary Prevention of Substance Abuse**
 - **Strategic Objective Three – Strengthen Colorado's prevention workforce**
 - **Involvement in Certification process**
 - **Revising training opportunities (OBH and CSU)**
 - **University Prevention Training Programs**
 - **Online training - Coalition for the Promotion of Behavioral Health**



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Building an Effective Prevention Infrastructure in Colorado

Takeaways:

- 1. Widespread use of and public health impact from effective prevention programs and policies is possible**
- 2. It requires sustained and strategic investment in:**
 - Networked prevention systems
 - Practice supports (training and technical assistance)
 - Research supports (building partnerships and conducting practice-oriented research)
- 3. State – Practitioner –Scientist Partnerships are key**
 - Colorado's University Prevention Science Collaborative can serve (has) a central role



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